



# CRS Parent Connection

Alabama Department of Rehabilitation Services

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Summer 2011

## Teens with disabilities learn leadership skills at forum

Some 30 high school students with disabilities participated in leadership exercises and got lessons in how state government works as a part of the Alabama Governor's Youth Leadership Forum (YLF) on the campus of Troy University in June.

The forum was co-sponsored by the Alabama Department of Rehabilitation Services and Troy's Institute of Leadership Development with support from agencies including the Alabama Governor's Office of Faith-Based and Community Initiatives, the Alabama Department of Mental Health, the Alabama Developmental Disabilities Planning Council and the Alabama Department of Education.

Linda Hames, a rehabilitation specialist with the Alabama Department Rehabilitation Services who served as interim Youth Leadership Forum coordinator and co-chair of this year's event, said YLF helps participants realize their full potential.

"Through the Youth Leadership Forum these students understand there is no limit to their potential for success both academically and vocationally," she said.

This year's YLF featured sessions on career exploration and technology available to assist people with disabilities, as well as "Living on My Own," a panel discussion led



*Mentor Luncheon speaker Kenneth 'Maze' Marshall shows his support for Judson Lynch, a YLF delegate from Fairhope*

### ► More YLF photos, Page 6

by successful Alabamians with disabilities.

Students also toured the state Capitol, where they met and had their photo taken with Gov. Robert Bentley.

While in Montgomery, the delegates attended a mentor luncheon featuring keynote speaker Kenneth "Maze" Marshall.

Marshall, a U.S. Army veteran, sustained a spinal cord injury while stationed in Korea. The Montgomery man later became a wheelchair athlete, winning three gold medals in the 2000 Paralympic Games in Sydney.

The five-day event wrapped up with a luncheon and closing ceremony at the Troy University Student Center.

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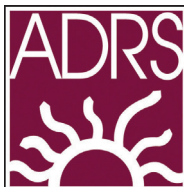
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*Parent Connection* is a complimentary newsletter published by Children's Rehabilitation Service for families of children with special health care needs. The goal of this newsletter is to increase communication and share information about children with special health care needs and their families. The newsletter reflects a family-centered theme throughout and serves as a forum for family members to share information, thoughts, feelings, concerns, etc. Nothing printed or implied in this publication constitutes an endorsement by the Alabama Department of Rehabilitation Services.

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## From the Director's Chair



*This issue's "From the Director's Chair" column was written by Lolita McLean, maternal and child coordinator for CRS.*

Children Rehabilitation Service (CRS) recently was awarded the State Implementation Grant for Systems of Services for Children and Youth with Special Health Care Needs (CYSHCN).

The purpose of the grant is to put into practice the President's New Freedom Initiative by improving access to a quality, comprehensive, coordinated community-based system of services for CYSHCN and their families that are family-centered and culturally competent. The initiative supports grants to assist State Title V Children with Special Health Care Needs (CSHCN) programs, family organizations, providers, and other partners to implement the six core outcomes of a system of services for CYHSCN – family-professional partnerships, medical home (an approach to providing comprehensive primary care), adequate insurance, transition to adulthood, organized community-based services, and early and continuous screening for special health care needs.

CYSHCN in Alabama face challenges that are similar to the challenges of their peers in other states. These include lack of a true medical home, limited support services for transition to adulthood, and limited care coordination.

The grant money of \$300,000 per year for three (3) years will be used to achieve the following goals:

- build medical provider capacity so that CYSHCN receive enhanced comprehensive healthcare through identified medical homes
- enhance collaboration and communication between care provider network, parents and youth, and other community partners within medical homes for successful transition of youth with special health care needs (YSHCN) into adult services
- provide ongoing statewide support for CYSHCN, their families, and their healthcare providers through coordination and collaboration with existing agencies and organizations.

To reach the goals of the project, CRS will educate doctors (including doctors in training), place care coordinators in doctor's offices, communicate and work with doctors to improve the medical home, and provide statewide leadership and support through building and enhancing partnerships.

CRS will partner with Family Voices of Alabama on the project.

Assistant Commissioner Melinda Davis, CRS director, said she is excited about receiving the grant.

"We are grateful and are looking forward to using the funding to better serve Alabama's children and youth with special health care needs."

# Tips for Parents: Helping youth develop ‘soft skills’

Most parents of youth approaching adulthood want to know what they can do to help their sons and daughters succeed in the workplace.

One way family members can help is by working with and encouraging youth to develop traits known as soft skills.

Even though many parents may be unfamiliar with this term, they will discover that they are actually very familiar with these everyday, commonsense skills that are important in all aspects of life. Soft skills can help youth succeed in life no matter what they are doing. By improving these skills, a youth can enhance his or her social life, do better in postsecondary education settings and be more successful at finding and maintaining employment. For youth with disabilities, who face much higher unemployment rates than their peers without disabilities, soft skills are especially important. Families of youth with disabilities play a key role in helping their youth learn expected behaviors, understand the unspoken rules of the workplace and deal with personality conflicts.

In addition to promoting these skills at home, families can make sure that the development of soft skills is adequately addressed in their child’s Individualized Education Program (IEP) during the transition-planning process of high school.

What soft skills should parents focus on? Work readiness standards include communication skills, interpersonal skills and lifelong learning skills.

Youth who have these skills are more likely to be hired and less likely to be fired. Families can use several strategies to help their child develop soft skills.

## COMMUNICATION SKILLS

A considerable amount of communication is nonverbal. However, some disabilities make it difficult for people to read the nonverbal communication of others, such as eye contact, facial expressions or gestures. Family members of youth with such disabilities can use a variety of techniques to help their youth learn to

## What are Soft Skills?

*“...being dependable, responsible, punctual, adaptable, honest, honorable, well-mannered, positive toward work, and appropriately dressed and groomed. Soft skills also refer to such attributes as the ability to get along with others, work in teams, attend to tasks, work independently, and provide excellent customer service, both within the company and externally.”*

***National Collaborative on Workforce and Disability for Youth***

perceive and better understand nonverbal social cues.

### How You Can Help

- When watching a movie or television show, point out facial expressions and body language used by the actors. Explain how actors use gestures to convey their emotions.

- Encourage your youth to ask questions when he or she doesn’t understand what someone says. Asking questions shows people that your youth is listening carefully, even when not making eye contact.

- Help your youth look at a person’s nose or cheek if looking in someone’s eye is too distressing. It will appear as though he or she is making eye contact.

- Demonstrate an acceptable distance between two people who are not family members. Have your youth practice this. In Western culture, the acceptable amount of personal space between two people is 1.5 to 4 feet, depending on how well you know the other person.

- Have your youth join a self-advocacy social group outside of school to improve communication and active listening skills. Such groups are often offered by centers for independent living, self-advocacy or other disability organizations.

- Enlist the help of other people in your youth’s life to provide guidance in social standards. For instance, a teacher might need to tell your youth that he can shake her hand instead of hugging her.

- Discuss other potential strategies with your youth’s IEP team. Include a related goal in your

son or daughter’s IEP.

## INTERPERSONAL SKILLS

Good personal hygiene and appearance promote social interaction with others, while poor hygiene can give employers and co-workers a bad impression.

### How You Can Help

- Discuss personal cleanliness with your son or daughter, stressing that most workplaces require employees to dress appropriately and to be clean.

- Require that your youth be dressed appropriately and have good hygiene when attending school, family functions or places of religion.

Employers are also looking for employees with good people skills. While especially important in jobs where employees interact with customers, these skills can also help youth interact with their co-workers, avoid conflict and stand out from other job applicants or employees.

### How You Can Help

- Teach youth phrases they can use on the phone: “May I please speak to Mr. Smith?” or in the workplace, “I’m Deborah. It’s nice to meet you.”

- Teach youth to allow others to finish speaking before beginning to talk.

- Have your youth answer the phone at home in a professional and courteous manner.

- Identify areas of social difficulty for your youth and role play how to handle new or

*Please see Soft Skills, Page 4*



# New program designed for kids with developmental disabilities

Dr. Angela Ware and Angie Burque, MSW, program coordinators at Auburn University's Department of Sociology, Anthropology and Social Work, have put together a program designed especially for kids and teens with developmental disabilities.

For two days each month in the fall and spring of the year, parents may bring their son or daughter to the Opelika Sportsplex gymnasium for a good time for the whole family.

Called "Expressions of a Brave Heart," the program allows children to express themselves through the music, art and dance medium with assistance from students from area colleges, including Auburn University and Southern Union. Each child is paired with a buddy who takes him or her to any class he or she chooses. The child may choose all or just one.

While the children are busy, parents get a break. They can go to the computer room, work out in the gym, swim, shoot pool, shoot hoops, put puzzles together, or just sit back and watch TV. There is also a game room for siblings.



*'Expressions of a Brave Heart' was created by faculty from Auburn University's Department of Sociology, Anthropology, and Social Work*

At the end of the spring and fall semesters, the children put on a performance and art show for the parents.

Please contact the Opelika Parent Consultant

at [sharon.henderson@rehab.alabama.gov](mailto:sharon.henderson@rehab.alabama.gov) or 1-800-568-8428 for applications this fall.

**Sharon Henderson**

*Parent consultant, Opelika*

## SOFT SKILLS

*Continued from Page 3*

unfamiliar situations.

Role playing gives youth an opportunity to practice what they would say and do in various situations.

- Sign your youth up for social skills trainings at school, centers for independent living, disability groups or self-advocacy organizations. These trainings provide youth with a structured opportunity to learn and practice social skills such as taking turns or giving compliments. Have them practice what they have learned with you at home.

### LIFELONG LEARNING SKILLS

Personal responsibility, initiative, self-management and perseverance are other important qualities employers look for in a new hire.

#### How You Can Help

- Have youth take responsibility for waking

up on time, setting an alarm clock and getting ready for school or work.

- Find opportunities for youth to take on a project from start to finish, such as planting a garden.

- Have youth visit a parent's workplace if the job allows this. Youth can learn different tasks associated with the job or follow other employees to learn what is involved in their jobs.

- Enroll youth in a mentor program. Mentors can help youth on many levels: building self-esteem, learning to stick with challenging activities, managing time and communicating with other adults.

- Ask youth to identify a simple, fun skill to learn. This could include cooking a certain recipe, working with a specific computer program or learning a new game. Have a young person research information on steps for learning the skill, and then help him or her

follow and complete the steps.

*This article was adapted from an Information Brief and series of podcasts PACER originally created for the National Collaborative on Workforce & Disability for Youth (NCWD-Youth) with support from the U.S. Department of Labor's Office of Disability Employment Policy. "Helping Youth Develop Soft Skills for Job Success: Tips for Parents and Families," published by NCWD-Youth, will be available at [www.ncwd-youth.info](http://www.ncwd-youth.info).*

*A PACER CD titled "Top Secret Job Skills: Declassified" is also helpful and can be ordered by calling 952-838-9000. View a clip online at: [PACER.org/publications/transition.asp](http://PACER.org/publications/transition.asp).*



## Oh HOP-PY DAY!

*The Mobile CRS office, along with the South Alabama Racing Angels (SARA), played host to an Easter celebration on April 15 during Cerebral Palsy Clinic. The Easter bunny was on hand for the event, giving out 50 baskets, hugs, and lots of love!*

*SARA is a group of local auto racers who have joined together to help children and their families in and around Mobile. Many thanks to SARA for its time and generosity!*

## Homewood wheelchair wash: A real splash!

The Homewood CRS wheelchair wash took place at the Linda Nolen Learning Center (LNLC) in Shelby County in May.

With blue skies and mild weather, the day was perfect!

The Kona Ice truck set the mood with yummy shaved ice and cool tropical music! The school staff coordinated a special "water day" so while their chairs were being washed, the kids had a blast playing in pools and sprinklers. A VERY awesome bubble machine kept the festive mood going, and CRS speech pathologist Karen Baggett's face painting was a big hit with everyone!

Many parents dropped by and each received a bag full of resources including a handout

with suggestions for wheelchair maintenance and an invitation to the next local PAC meeting.

It was great to have the opportunity to talk with parents and visit with their kids in such a fun, laid-back atmosphere.

Thanks to the coordinating efforts of CRS physical therapists Billy Ronilo and Dana Holcomb, 18 wheelchairs and two gait trainers were washed with the help of the Linda Nolen staff, UAB physical therapy students, CRS staff and local wheelchair vendors.

Plans are already in the works to return to LNLC next year and to take the wash to other locations as well.

**Tammy Moore**  
Parent consultant, Homewood



*Dana Holcomb, a physical therapist in the Homewood CRS office, cleans up a wheelchair*

Please add me to your newsletter mailing list.

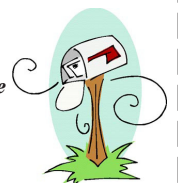
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**Clip and mail to**  
**Susan Colburn**  
**Children's Rehabilitation Service**  
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**Montgomery, AL 36104**





# Let's YAC about it!



## LEARNING LEADERSHIP

*Some 30 young people with disabilities from around Alabama gathered in Troy earlier this summer for the 13th Alabama Governor's Youth Leadership Forum. The five-day forum, sponsored by the Alabama Department of Rehabilitation Services in collaboration with Troy University, teaches high school students with disabilities leadership and self-advocacy skills. Left, a YLF staff member helps a delegate with an assignment. Above, delegates share their YLF experiences at the event's closing ceremony.*

## CRS seeking young person to serve as statewide youth consultant

*CRS is seeking a youth/young adult with special health care needs age 18-25 to support Alabama Department of Rehabilitation Services/Children's Rehabilitation Service (CRS) as statewide youth consultant.*

### Contract timeframe:

August 2011–September 2012

### Pay:

\$10/hour

### Job requirements:

- Age of youth consultant limited to 26 years
- Must be a CRS client or have received services from CRS
- Must have reliable transportation to and from work
- Transportation may be needed periodically during work hours
- Travel within the state is a requirement,

and on occasion, opportunity for out-of-state travel

- Ability/flexibility to work 10-12 hours/week. (On occasion, up to 24 hours/week may be necessary to attend meetings/conferences, etc.)

### Skills:

- Ability to work independently and manage time appropriately
- Comfortable working one-on-one with youth by phone, email, meetings, etc.
- Knowledgeable and comfortable interacting with adults
- Knowledgeable and comfortable sharing about own disability
- Willingness to learn more about disabilities
- Some experience using the computer and willingness to develop new computer skills
- Experience or willingness to learn to use

other office equipment, i.e. copier, fax, etc.

- Good communication skills
- Responsible

### Tasks:

- Member of CRS State Office team
- Provides leadership to CRS Youth Advisory Committee (YAC)
- Provide informational articles on issues
- Participate in local CRS office youth activities
- Assists state office staff with projects as needed

This position will be supervised by the CRS state parent consultant. To apply, send a letter of interest and resume to Susan Colburn, CRS State Office, 602 S. Lawrence St., Montgomery, AL 35401, or by email to [susan.colburn@rehab.alabama.gov](mailto:susan.colburn@rehab.alabama.gov). If you have questions, call (334) 293-7041.

# PAC-ked house gathers to learn about transition, VRS

The Homewood/Birmingham CRS Parent Advisory Committee (PAC) met earlier this year.

In addition to PAC members, we enjoyed the company of many teachers, therapists, agency representatives and other parents of children with special health care needs. Everyone had gathered to hear five great speakers so they might better understand how to navigate the many state systems encountered by students transitioning from school to adult services.

It was a packed house!

Janis Braue and Mary Roth, both from the Jefferson County School System, and Gary Edwards of UCP of Greater Birmingham, presented the topic “You Snooze, They Lose - Developing a Transition Process for Students with Significant Cognitive and/or Physical Disabilities.”

Everyone in the crowd was given a copy of the Parent Resource Guide – Planning for Services After School (developed by UCP Birmingham). And the highlights of the guide were the focus of the presentation.

Edwards began the talk by asking the parents in the audience three questions about their child. Parents were asked to describe their child and to share their greatest hopes and fears for the future for that child. Although there were 13 parents in attendance and their children had a variety of disabilities, the hopes and fears of these parents were all surprisingly very similar, if not the same. The speakers continued on with their talk and by the time they were done everyone had concrete direction as to how they could make their hopes reality and their fears fade away.

Everyone was excited to hear from Paige Hebson, administrator of the Alabama Department of Rehabilitation Services’ (ADRS) Lakeshore Rehabilitation Facility and Yolanda Spencer, supervisor of the Homewood transition unit of ADRS’ Vocational Rehabilitation Service (VRS), as they shared the department’s part in making the hopes and dreams for employment become a reality for those with more-significant disabilities.

Yes, many people who have more-significant disabilities can and want to work, and VRS is



*Teachers, therapists, parents of children with special health care needs, and members of the Homewood /Birmingham PAC listen to speakers at the spring PAC meeting*

there to help make that happen!

VRS services are designed to meet the specific needs of each individual. I feel that the eligibility requirements to receive VR services and the services offered through VRS speak volumes for how the program is there to meet the needs of those who have the potential for and the desire for employment, including those with more-significant disabilities:

## ***Determination of Eligibility***

An individual who is eligible for vocational rehabilitation services is an individual who:

(a) has been determined, by qualified personnel, to have a physical or mental impairment, and

(b) that, as determined by qualified personnel, the mental or physical impairment constitutes or results in a substantial impediment to employment, and

(c) requires vocational rehabilitation services to prepare for, secure, retain, or regain employment, as determined by a qualified vocational rehabilitation counselor employed by the state agency.

## ***Services***

- Evaluation for determining eligibility and vocational rehabilitation needs
- Counseling and guidance

• Vocational, job assistance and other training services

- Supported employment
- Interpreter and note-taking services
- Telecommunications, sensory and other technological aids and devices
- Assistive technology/equipment
- Job development and assistance
- Employment retention, job placement and postemployment services

When the meeting was adjourned, everyone enjoyed refreshments while perusing the resource table. All items on the resource table were related to transition, and brochures from many different programs and organizations were made available. Several representatives from these programs and organizations were in attendance and families were given the opportunity to hang around after the meeting to mix, mingle and discuss their services.

**Tammy Moore**

***Parent consultant, Homewood***



# Caregivers: Alabama Respite needs you!

When a natural disaster occurs, we all feel the need to help out and look for opportunities to assist in some way. However, long after the disaster has passed and things get back to normal for most; caregivers continue to work everyday to provide care in the home to a loved one. These caregivers need some relief – a break from their everyday caregiving responsibilities.

Alabama Lifespan Respite Resource Network (Alabama Respite) is a statewide program of United Cerebral Palsy of Huntsville and Tennessee Valley Inc.



whose purpose is to identify and develop a network of high-quality respite resources to give a break to family caregivers who are caring for individuals of

any age who have disabilities or chronic or terminal illnesses.

Even with incredibly busy schedules, many caregivers are looking for ways to help in their own community to enhance the services needed to continue caring at home. Alabama Respite has several opportunities for you, the caregiver, to work with our statewide efforts to increase awareness of and access to respite services. To fulfill our mission – “Making respite resources easily available and readily accessible to all Alabama caregivers” – Alabama Respite needs your help as a caregiver on a number of initiatives and projects taking place across our state. We welcome your involvement.

First, if you are interested in participating at the state level, the workgroups of the Alabama Respite Coalition could use your help. Our Public Awareness workgroup helps get the word out about the benefits of respite and how much caregivers need the services. The Education/Resources workgroup develops the educational pieces that can provide the information needed to tell caregiver stories to agencies, organizations and policy makers.



Next, to meet the respite needs unique to communities in Alabama, we are looking for caregivers, churches, agencies, organizations and other interested stakeholders to volunteer to serve on area respite initiatives, called Sharing the Care (STC). These initiatives work locally to increase awareness about respite care, develop new community-based resources, and inform policy makers about the local respite needs. Our goal is to establish at least one of these STC initiatives in each of our seven congressional districts. In Jefferson and Shelby counties, the STC group is in its second year and has enjoyed much success. They have hosted a “Caregiver Meet Your Legislator” brunch (currently planning one for this year) and are developing a curriculum for training respite providers using students at Samford University.

Thanks to a grant from the Alabama Council for Developmental Disabilities (ACDD), STC initiatives are expanding into the southern part of the state. Groups have begun in the Dothan, Montgomery, and Selma areas, followed by Mobile in July. You are just who we are looking

for in those communities to help us!

Another exciting project for Alabama Respite is the Alabama Caregiver Storybook Project. We are collecting stories and images from caregivers throughout the state to compile into a book that will be used for outreach and education to the public and our policy-makers. This will be one way to share the amazing care and commitment that you put forth 24 hours a day seven days a week caring for your loved one – and why respite is such an important service. If you are willing to share your story, let us know.

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*If you are interested in being a part of the exciting work taking place to help Alabama caregivers access quality respite services, please contact Linda Lamberth, program manager, at 256-237-3683 or [alabamarespite@aol.com](mailto:alabamarespite@aol.com). For information on current STC area respite initiatives or to start one in your community, contact Melissa Enfinger at 334-312-3328 or [sharingthecare@ucphuntsville.org](mailto:sharingthecare@ucphuntsville.org).*



## Family to Family Health Information Center Project Update

As part of our Family to Family Health Information Center grant, Family Voices developed a new model for partnership between parents of children and youth with special health care needs (CYSHCN), service providers and funders, and other interested parties. We called this partnership opportunity Partners in Care Summit.

The event began April 4 with a Family Celebration and then continued on April 5 with all-day family/professional workshops.

Seventy-six parents (family members) and/or professionals attended this summit, which was held at Montgomery Marriott Prattville Hotel and Conference Center. We received a lot of positive feedback and hope that you will plan to attend our 2012 summit, which will be held April 16 and 17 again in Prattville. Mark your calendars now so that you can be a part of this opportunity to build leadership skills and increase partnerships with professionals working with children and youth with special health care needs.

We hope you will take this opportunity to check out our resources at [www.familyvoicesal.org](http://www.familyvoicesal.org).

If you were unable to join us at the summit, presentations from our four speakers will soon be available on our website. Another new addition to our website is the "Care Notebook," a step-by-step guide to organizing health information for a child/youth with special needs.

We believe that using the Care Notebook helps families as they work in partnership with



*Susan Colburn, Family Voices Alabama state coordinator, welcomes parents to the Family Celebration at the Partners in Care Summit*

health professionals, and ultimately results in better outcomes for children and youth.

One of these notebooks was provided to each person who attended the Partners in Care Summit.

If you would like a Care Notebook to help organize health information for your child/youth, you can order one by calling our toll-free number below or by going to the "Request for Information" page on the website.

You can also download and print the notebook as a whole, or page by page. The individual pages can also be completed on the computer and saved so that you can update them easily. We hope you will take advantage

of this resource!

Finally, we are thrilled to have the opportunity to exhibit at several upcoming conferences, including the Supported Employment/Developmental Disability Conference in Montgomery in July, the Alabama Newborn Screening Conference in Prattville in August, and the Early Intervention and Preschool Conference in Birmingham in November.

If you know of other opportunities for us to reach out to those with children and youth with special health care needs, please contact us at 1050 Government St., Mobile, AL 36604, or by phone at 877-771-FVOA (3862), or via our website at [www.familyvoicesal.org](http://www.familyvoicesal.org).

**For information about Family Voices, please contact the Alabama state coordinators, Susan Colburn, 334-293-7041, [susan.colburn@rehab.alabama.gov](mailto:susan.colburn@rehab.alabama.gov) or Jerry Oveson, 251-438-1609, [oveson@bellsouth.net](mailto:oveson@bellsouth.net).**

# Funderful Times with cooking

A great way to create some funderful time for you and your family regardless of age is to share some time in the kitchen.

Cooking is a way to not only create some wonderful dishes but also use various physical and mental skills. The techniques of cooking use measuring, reading recipes, pouring, gathering the items needed as well as cleanup while helping each participant work areas of the body and mind. Then you have two or more people working together, creating interaction for social skills and cooperation. Also, I have found that my sons talk about things they may not talk about any other time during these cooking sessions so it becomes the best opportunity for all of us, creating a fun place to workout without them realizing they are doing so.

Before the cooking process begins, make your shopping list of all the items you will need. Have your family pick two or three recipes you would like to fix together. Start with a garden salad and a homemade salad dressing. Then pick a sandwich combination and finally a cookie or a simple dessert recipe. When you make your grocery list, try dividing the list among your family members. If you have one who does not read or does not do so well, go online and print off photo images of the items you need and give that list to that person. It will make him or her feel helpful. This is what we do with our son, Garrett, and it works great.

When you arrive home, put all the staples away and then have everyone help prep the salad items so that they are ready to use. It only takes about an hour to get this done. Then everything is ready when you are to start cooking. There is something for everyone to do from washing the vegetables and fruits to cutting and bagging for the refrigerator. Then you, of course, pull the recipes and start cooking. I suggest preparing one recipe at a time. That way you have control of the kitchen and the helpers. If you have teen-agers or adults who can supervise each recipe then go ahead and prepare them all and you will have an amazing lunch or supper ready for your family



*Preparing a meal together makes for a 'funderful time' for families*

in no time. What a special funderful time you will create this summer!

Do not forget to take pictures of each step – from the shopping to the creating to the eating and start your family scrapbook! Here is one of my favorite recipes that I created for my family.

## ***Turnip Green Vegetarian Salad***

### **INGREDIENTS**

1 cup of canned turnip greens, rinsed thoroughly

1/2 cup fresh broccoli pieces

1/2 cup fresh Roma or plum tomatoes, chopped

1/2 cup fresh celery, chopped

1/2 cup fresh green onions, chopped

1/2 cup fresh mushrooms, chopped

1/2 cup fresh zucchini, chopped

1/2 cup fresh carrots, chopped or shredded

1/2 cup fresh cucumbers, chopped

1/2 cup fresh red and green bell pepper, chopped

1/4 cup fresh sweet onions, chopped

1/8 teaspoon fresh dill, chopped finely

1/8 teaspoon fresh parsley, chopped finely

1/8 teaspoon garlic powder

1/2 cup fresh cabbage, shredded

2 tablespoons fat-free Italian salad dressing

black pepper to taste

### **DIRECTIONS**

1. Empty turnip greens from can into a colander and rinse thoroughly (I get the kind that has no additives and no seasonings). Place them in a microwaveable bowl large enough to add remaining ingredients later. Heat for 1.30 minutes on high in microwave.

2. Add remaining ingredients minus the cabbage and salad dressing. Stir well. Place in microwave and heat for 1.30 minutes on high.

3. Remove from microwave and stir in cabbage, salad dressing and black pepper. Serve hot or cold.

Makes 4 services.

**Rita Hutcheson-Cobbs**  
***Parent, Somerville***





# Summer Word Search



L	W	N	C	B	O	A	T	I	N	G	U	S	I	J	D	L	K
I	A	M	C	B	A	L	F	H	U	K	R	X	Q	B	I	K	E
J	R	Q	Q	T	S	R	D	X	C	I	L	M	V	E	G	N	D
X	J	F	C	W	U	D	B	Y	D	T	L	Q	B	E	F	U	I
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G	G	K	H	P	D	O	A	B	S	U	Y	D	D	I	N	P	Y
J	O	C	M	C	R	S	R	T	M	Z	E	N	R	R	O	S	J
T	L	A	C	S	T	O	H	K	E	I	L	O	O	F	I	S	H
I	C	G	E	T	W	O	P	E	E	B	L	D	L	O	T	B	C
D	Y	S	G	U	B	T	C	E	L	L	O	C	L	A	A	C	G
F	M	Y	F	P	X	I	S	S	E	L	V	A	E	W	C	I	Q
D	J	F	Z	I	X	L	J	R	P	F	S	N	R	X	A	N	T
P	J	W	A	T	E	R	S	K	I	O	G	O	B	D	V	C	D
Y	Z	P	O	H	D	K	W	H	B	Q	H	E	L	Q	L	I	T
F	W	C	Z	E	A	T	I	C	E	C	R	E	A	M	V	P	Y
K	E	M	O	T	W	O	M	H	E	G	A	R	D	E	N	L	Q
M	A	K	E	S	A	N	D	C	A	S	T	L	E	S	S	U	O



BARBECUE	FISH	SKATEBOARD
BASEBALL	FRISBEE	SLIDE
BIKE	GARDEN	SNORKEL
BIRDWATCH	HIKE	SPELUNK
BOATING	HOPSCOTCH	SURF
CAMP	JUMPROPE	SWIM
CANOE	MAKESANDCASTLES	SWING
CLIMB	PICNIC	VACATION
COLLECTBUGS	RIDEHORSES	VOLLEYBALL
DIVE	ROLLERBLADE	WADE
EATICECREAM	ROLLERSKATE	WATERSKI
FINDSHELLS	SEESAW	

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## CRS Parent Connection

Children's Rehabilitation Service  
Alabama Department of Rehabilitation Services  
602 S. Lawrence St.  
Montgomery, AL 36104

**PRESORTED  
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Montgomery, AL  
Permit No. 109



## Check Out What's Ahead ...

**July 27-29, 2011**

***Full Steam Ahead***

Sponsors: Alabama Association for Persons in Supported Employment (AL-APSE) and Alabama Council on Developmental Disabilities (ACDD)  
Site: Renaissance Montgomery Hotel, Montgomery  
Information: AL-APSE, (334) 353-7713; ACDD, (334) 242-3973

**Aug. 7, 2011**

***Horne 5th Annual Golf Tournament***

Benefitting: Spina Bifida Association of Alabama  
Site: Farmlinks Golf Club, Sylacauga  
Registration: 7:30 a.m.; shotgun start at 8:30 a.m.  
Information: [www.spinabifidagolf.kintera.org](http://www.spinabifidagolf.kintera.org)

**Aug. 19, 2011**

***Newborn Screening Conference***

Site: Marriott Conference Center at Capitol Hill, Prattville  
Information: Cindy Ashley, (334) 206-2971

**Sept. 24, 2011**

***Walk 'N' Roll***

Benefitting: Spina Bifida Association of Alabama  
Site: Montgomery Zoo  
Registration: 9:00 a.m.  
Information: [walknroll4sbaofal.kintera.org/](http://walknroll4sbaofal.kintera.org/)

**Oct. 5-7, 2011**

***Second Annual Alabama Disability Conference***

Site: Perdido Beach Resort, Orange Beach  
Information: Tom Holmes, (334) 262-7688

**Nov. 15-17, 2011**

***Early Intervention & Preschool Conference***

Site: Birmingham Jefferson Civic Center/Sheraton Hotel  
Information: Jeri Jackson, [JBH50@aol.com](mailto:JBH50@aol.com)

***Local PAC meetings: Check your local CRS office for dates and times of meetings in your area.***